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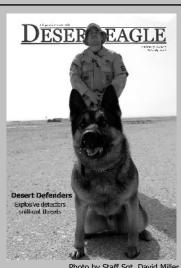


Photo by Staff Sgt. David Miller

Tech. Sgt. Bob Weigold, 379th Expeditionary Security **Forces Squadron Military Working Dog Section element** leader, walks his explosive detection dog, Timo, along the perimeter of the base.

Cleaning up the plaza is everyone's job

by Master Sqt. Rafael Chacon 379th Expeditionary Aircraft Maintenance Squadron

Hey, here's an idea: Why don't we all get together at the Plaza and pick up other people's trash? Now this really sounds like fun, "Woooohoooo." What do you think?

If you disagree then join me and let's start doing something about it. I'm sure right about now you're looking around with a bewildered look on your face wondering what on earth I'm talking about. After all, you don't leave trash in the Plaza. Nobody does; it just shows up.

When I was a little kid I remember leaving my toys and stuff around the house and my Mom coming around behind me and cleaning them up. I also remember when I joined the Air Force and was told, "Your mom doesn't live here and you're no longer a kid."

Your trash does not miraculously disappear, someone has to go out there and pick it up for

The way we respect ourselves and those around us is reflected in many different ways. Leaving trash intentionally or by accident says a lot about what you think about those around

"Your trash does not miraculously disappear, someone has to go out there and pick it up for vou."

> Master Sgt. Rafael Chacon 379th Expeditionary Aircraft **Maintenance Squadron**

you and what type of person you are. We are given many privileges other deployed locations don't have and we need follow the rules or they will be taken away. There are more trash cans spread out around the Plaza than any where else on base so I'm sure not being able to find one isn't the problem.

Please keep in mind that this is about more than trash. It's about pride, common courtesy, and respect for ourselves and what we stand

All I'm asking is that you keep the Plaza clean. Remember, we're all in this together.

Choose wisely

by Maj. Richelle Dowdell 36th Wing Public Affairs

ANDERSEN AIR FORCE BASE, Guam (AFNEWS) -- As I was driving to work recently, I noticed a child about 7 or 8 years old walking toward the school. I quietly admired him as he skipped up the street. He was so carefree. If only I could be so lucky. However, he stopped abruptly at the corner as a perplexed look fell upon his face.

It was too early for crossing guards to stop the traffic and there were no teachers on duty to guide him across.

He looked left. Right. Left again. He made no movement. Hmm ... how to proceed? Which way to go?

He could proceed directly across the street and go directly to the school. Or he could go left and then across the street, however, he would still have to cross yet another street to end up on school property. Choices, choices, choices. Ever wonder how many choices you make in a typical day?

You start the day by choosing whether to get up right away or hit the snooze button. You choose whether to boil an egg or have cornflakes for breakfast. You choose to read this commentary or cut it short.

These decisions typically get very little

conscious thought. It's as though we are on autopilot. We just kind of do what we "feel like" doing, or what we think we "have to do."

If you stop to think about it, how many of our bigger decisions are also on automatic pilot or made too quickly?

Take a moment to consider what happens when we get too busy to make responsible choices. Responsible choices affect more than just the people who make them; they affect our friends, our supervisors, our families and, yes, our mission.

When our commanders and supervisors brief us on policies, procedures and safety measures, they are providing us with the tools to make informed decisions.

As Airmen we must take time to listen and hear. Equally we must take time to read and fully understand our individual responsibilities to make wise choices

Line of duty determination, survivor benefits, and the Uniform Code of Military Justice are terms that can come into play when you choose irresponsibly -- the repercussions can last a lifetime -- or prove just the opposite. An annoyed driver honked trying to rush the child to a decision.

He looked left. Right. Left again. All cars had stopped. He received nods from the two leading drivers and he began his journey across the street. In this case, he chose wisely.

Make sure you do the same.

Remembering the first black combat pilot

by Lt. Col. Bill Tart 379th Expeditionary Operations Support Squadron Commander

Although most of our doctrine and current beliefs about the application of airpower are built on the American experience in World War I, we as Airmen are generally uninformed about the personalities and military achievements of that period in history.

While we can easily speak to the effectiveness of air superiority and aerial reconnaissance, identifying those famed American aviators of World War I who turned these roles into reality, stumps most of today's young Airman.

Our lack of knowledge to the names and accomplishments of black aviators is no different.

Every February, since I have been in the Air Force, we recognize a group of accomplished Airmen trained in Tuskegee, Ala., who banded together to break the aviation "color barrier."

Walking through the Aviation Museum in Warner Robins, Ga., the decorated "Red Tailed Angels" have a prominent display honoring their combat and cultural courage.

While the Tuskegee Airmen are undoubtedly worthy of our recognition, it's the single small marker near the door in Hangar One and the plaque on the wall of the Georgia Aviation Hall of Fame that seems to be the most overlooked piece of black aviation history.

That underappreciated and mostly unknown hero on the wall is Georgia-born Eugene Jacques Bullard, the first black military pilot.

Bullard went through many trials. Instead of going to the camaraderie of an all black unit in a small town in Alabama, he went to a land with a completely different language and even fewer people of his color. He wanted to be an aviator and at the time the U.S. military did not allow men of color to fly.

He became the only black pilot in the famed Lafayette Flying Corps of France, but that didn't stop him from shooting down a German aircraft and becoming a national hero in France.

In the end, the native from Columbus, Ga., faced the trials of combat, dangers of early aviation and cultural challenges head on and succeeded.

In 1961 he was buried with military honors, this often overlooked hero, showed that performance, not color, is what matters in combat.

On Aug. 23, 1994, thirty-three years after his death, and seventy-seven years to the day after his rejection for U.S. military service in 1917, Eu-

What historical civil rights leader do you find most inspirational?

"My grandfather, Herbert Carnegie, tried to become the first black player in the history of the National Hockey League. He was not allowed at that time because of his skin color. He turned his denial into a foundation that gives out college scholarships today. The foundation is called Future Aces. He told me to never let racism stop you from achieving your dreams."

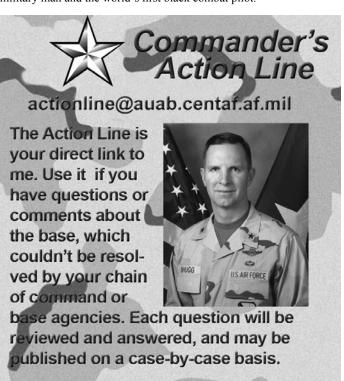
Tech. Sgt. Darren Carnegie 379th Expeditionary Civil Engineer Squadron, infrastructure flight chief



Eugene Bullard

gene Bullard was posthumously commissioned as a Second Lieutenant in the United States Air Force.

The next time you visit a museum of aviation's heroes look for Eugene Bullard and his extraordinary life – truly an amazing American, great military man and the world's first black combat pilot.



Wing responds to increased operations

by Capt. Wes Ticer Chief, 379th AEW Public Affairs

The 379th Air Expeditionary Wing kicked it up a notch this week to support ongoing operations in Iraq, while still providing a presence in Afghanistan and the Horn of Africa

Flying squadrons and maintenance units throughout the wing responded to the call for an increased display of air power to back the resolve of the government of Iraq to protect its sovereignty and the security within its border.

In a two day period, the 379th AEW supported a Coalition effort that flew 102 close air support missions for Operation Iraqi Freedom. The missions included support to Coalition troops, infrastructure protection, reconstruction activities and operations to deter and disrupt terrorist activities.

"As is the case every day, everyone is this wing responded to the call for demonstrating how the dominance of air power synchronizes with the ground forces' efforts," said Col. Jeffrey Fraser, 379th AEW vice commander. "We employed the full range of our wing's airpower to support the effort to secure Baghdad and ports of entry throughout Iraq."

The increased tempo is something felt by more than those working on the flightline.

For example, any time sortie rates increase there is a snowball effect on the supply chain, according to Chief Master Sgt. Mike Allen, chief of supply in the 379th Expeditionary Logistics Readiness Squadron.

"Our supply professionals work very closely with maintainers to ensure we get parts and



A B-1B assigned to the 34th Expeditionary Bomb Squadron departs on a mission Thursday. The squadron is involved in a show of presence in Iraq as part of an intensified effort to complement Baghdad Security Plan operations.

keep the aircraft mission ready," Chief Allen said. "The relationship between us and aircraft maintenance is fabulous, and that helps us keep the jets flying."

"It affects all of us...from supplying paper for air tasking orders to getting spare parts to replace the ones we use," Chief Allen said.

The wing's new hydrant fuel system has proven to be safer and more efficient in meeting the demands of flying operations, according to Capt. John Klohr, 379th ELRS Fuels Management Flight commander.

As a major fuel hub in Southwest Asia, the

flight dispenses more than 700,000 gallons of fuel every day, Captain Klohr said. The increase in flying also increases the importance of balancing receipts to ensure enough fuel is on hand

The Coalition will continue to provide the persistent presence requested by the Iraqi government with the support from the 379th AEW's air refueling, ISR and airlift assets.

"We are here to assist the Iraqi people in securing their country and establishing an environment where anti-Iraqi forces are unable to operate," Colonel Fraser said.

Airfield tours educate Airmen on mission

by Senior Airman Erik Hofmeyer **Fditor**

Airfield tours are a wing priority to educate Airmen about airpower and how they contribute to the mission, as deemed by Brig. Gen. Charles Shugg, 379th Air Expeditionary Wing commander.

The airfield tour shows people how the Air Force is here to apply force; whether through transporting cargo to keep convoys off of the highways, dropping bombs or transporting troops with weapons in and out of the area of responsibility, said Lt. Col. William Tart, 379th Expeditionary Operations Support Squadron commander.

Colonel Tart conducts tours that cover almost every flying aspect of the largest, most diverse air expeditionary wing in the Air Force, and one of the few bases that simultaneously supports Operation Iraqi

Freedom, Operation Enduring Freedom and the Horn of Africa

"This tour isn't about a flightline," said Colonel Tart. "This is how the 379th Air Expeditionary Wing fits in to the Global War on Terrorism."

Colonel Tart drives base personnel on the tour and talks about the airfield and the diversity of aircraft missions, along with the capabilities and the ages of the aircraft. Airmen learn about different methods of aerial refueling and observe the improvements in maintenance facilities, fuel storage.

Many Airmen don't get the oppotunity to see the airfields and have no idea what the aircraft does when it takes off and goes on a mission, Colonel Tart said.

Colonel Tart also explains how the complexities of the airfield affect the rest of

For example, he explained the impact of the addition of one aircraft to the wing. This result is more than one aircrew; it turns into an extra aircraft needing extra manpower to perform maintenance. Then, these additional Airmen need lodging and many other services through the 379th Expeditionary Mission Support Group to sustain the new aircraft.

In addition to educating Airmen about airpower and how they contribute to the mission, Colonel Tart emphasizes how the Air Force has been an enduring presence in Southwest Asia since Operation Desert

"Everybody here needs to know that what they do is not only important for 120 days, but it will be important 10-15 years from now," he said. "This wing demonstrates the enduring presence of the Air Force, both currently and for the future."

Capt. Tassika Davis, 379th Expeditionary Operations Group executive officer, is the point of contact for scheduling airfield

RAF brings array of capability to 379th AEW

by Senior Airman Erik Hofmeyer Editor

The British Royal Air Force 901 Expeditionary Air Wing, consisting of approximately 400 personnel, is a 379th Air Expeditionary Wing tenant unit actively supporting coalition forces on the ground in Iraq and Afghanistan.

The 379th AEW is the hub for incoming and outgoing flights between the United Kingdom and the Southwest Asia operational theaters, and the home to four RAF operational flying assets assigned to the 901 EAW: the Tornado GR4 fighter jets, VC10 Air Tankers, C-130 Hercules and the Nimrod MR2 reconnaissance aircraft, according to the 901 EAW media operations officer.

A detachment of Tornado GR4s fly missions in support of coalition troops on the ground in Iraq. The Tornado is a two-seat, twin engine fighter jet with long-range, high-speed precision strike capability. The Tornado also performs day and night tactical reconnaissance and show of force in support of coalition ground forces, according to a RAF fact sheet.

C-130 Hercules aircraft fly tactical air drop and austere landing strip missions in support of forces in remote parts of Iraq, and the VC10 Air Tankers provide aerial refuelling for jets in the region. The Nimrod MR2 is a four-engine, intelligence surveillance targeting acquisition reconnaissance (ISTAR) aircraft with a crew of 12 or 13 who provide communications support to coalition ground troops.

The 901 EAW is one of four air wings under the umbrella of the 83 Expeditionary Air Group in Southwest Asia, which is headquartered here at the 379th AEW. There are approximately 1,500 RAF personnel contributing to Operation Telic (Operation Iraqi Freedom) and Operations Herrick (Operation Enduring Freedom), according to the 901 EAW media officer.



Photo by Senior Airman Erik Hofmeyer

Senior Aircraftsmen Richard McCarthy and William Stuart, 901 Expeditionary Air Wing aircraft mechanics, perform a pre-flight servicing of a Tornado GR4 fighter jet. The 901 EAW is a tenant unit actively engaged in the GWOT.



Photo by Staff Sgt. David Miller

Brig. Gen. Charles Shugg, 379th Air Expeditionary Wing commander, and Airmen from the 379th Expeditionary Civil Engineer Squadron celebrate the grand opening of six new latrine/shower facilities in the Coalition Compound, with six more still to come in the near future. The new facilities, eight for males and four for females, were needed due to the increased number of transient U.S. servicemembers and Coalition forces passing through the 379th AEW. The facilities provide showers, sinks, and toilets and are a critical aspect to the quality of life standards here, said 2nd Lt. Shawn McDanal, 379th **Expeditionary Civil Engineer Squadron** project manager.

Vehicle mishaps increase during middle of rotation

by Capt. Wes Ticer Chief, 379th AEW Public Affairs

While safety professionals cannot say exactly why accident numbers spike, they have some educated guesses why the potential for accidents increases during different phases of a deployment rotation

Trend data shows an increase in reported mishaps at the beginning, middle and end of deployments, according to Senior Master Sgt. Todd Wadkins, 379th Air Expeditionary Wing Safety Office technician.

"At the beginning, everything is new and we don't know where the hazards are," Sergeant Wadkins said. "In the middle, most people start finding out who their replacements are and lose their focus on safety. At the end, people are distracted by thoughts of family and going home."

Sergeant Watkins said Airmen are getting more accustomed to the environment of the deployed setting, and one potential downside to that comfort level is some people tend to let their guards down.

Compliance with safety rules is perhaps the best way of avoiding three recurring issues that have commanders and safety officials concerned — vehicle mishaps, reflective belt use and injuries.

The wing is close to an average of one vehicle accident per day, which is costing money and pulling resources away from the mission, Sergeant Wadkins said. A simple, yet often unused, solution is using a spotter while backing vehicles.

The wing policy is a spotter must be used when more than one person is traveling in a vehicle. When a driver is alone he or she should sound the vehicle's horn before backing up. Sergeant Wadkins said 10 percent of vehicles



Photo by Senior Airman Erik Hofmeyer

Staff Sgt. Rodney Bati, 379th Expeditionary Communications Squadron, spots a vehicle backing up at the "Grab and Go." According to safety officials, if everyone used a spotter, the wing would greatly reduce the number of vehicle mishaps.

on base were damaged last year.

Reflective belts continue to be a big concern. "Since we have a 24-hour mission here, darkness increases our accident potential," Sergeant Wadkins said. "Reflective belts can make a difference.

"Ops Town is pretty dark at night and there are a lot of shadows," he said. Wing policy requires everyone to wear a reflective belt while in Ops Town during periods of darkness and reduced visibility. The only exception is for those wearing the Air Force physical fitness uniform.

Recently, sports related injuries have increased. "Some people have jumped into regiments that are not suitable to their fitness condition. While exercising is a good thing, people need to work their way up and know their limitations."

The wing's safety program relies heavily on the unit safety representatives to foster a safe environment and serve as a conduit between commanders and safety technicians. "They help broaden our view because there are only three of us," Sergeant Wadkins said. "The 30 primary and alternate unit safety reps are our eyes and ears on the base."

"We need to focus on our mission, but safety/risk mitigation has to be part of our culture so we don't accept unnecessary risk," said Lt. Col. Mike Zuber, chief of safety. "Instead, we learn to recognize risk and take steps to minimize it based on operational risk management techniques."

"With everyone's help, we can reverse mishap trends and preserve combat capability (people and equipment) for our mission," he said.



Photo by Staff Sgt. David Miller

Fire safety

Airman 1st Class Eric Marshall, 379th Expeditionary Civil **Engineer Squadron Fire** and Emergency Services, shows Maj. Gen. Stanley Gorenc, Air Force Chief of Safety, the water pump control panel on a P-24 water pumper. The panel is used by firefighters to ensure the water flows efficiently during an emergency. General Gorenc visited the base Feb. 13 during his area of responsibility orientation tour. He was interested in learning about what the safety issues and challenges are in a deployed location and what additional risks are being accepted to complete the mission.

379th AEW, CAOC support ISAF mission

by Capt. Wes Ticer Chief, 379th AEW Public Affairs

Coalition forces have supported operations in Afghanistan for a little more than five years now. What some people might not understand is the range of support and the wide variety of missions the 379th Air Expeditionary Wing flies in support of those operations.

Afghanistan operations are broken up into five regions that operate under the International Security Assistance Force umbrella. Operations in the eastern, U.S.-led region are known as Operation Enduring Freedom.

The mission of ISAF, which is composed of approximately 35,000 troops from 37 nations, is to support the long-term success of the people of Afghanistan by promoting economic growth and peaceful resolution of conflict in the country, according to the ISAF Web site.

The ISAF mission has steadily increased in size and importance. ISAF, which is headquartered in Kabul, assumed responsibility for almost all operations in Afghanistan in October, according to British Royal Air Force Group Capt. David Best, director of the ISAF Detachment to the CENTAF Combined Air Operations Center.

"Our mission is to make sure airpower is being used effectively and efficiently in support of the (commander of ISAF's) intent," Group Captain Best said.

A large part of that airpower comes from the 379th AEW.

"The B-1 contribution is immense," he said. "The great thing about the B-1 is it has so many weapons and such a long combat persistence. When troops on the ground get into trouble, they need to be able to call on someone and have them there right now.



"The B-1 is always present because it has a long loiter time and you can match the weapon effect to the target. I know it's hugely appreciated by the troops on the ground."

Enabling the long loiter time is the magnitude of the air refueling effort from the wing here and other locations.

"Air-to-air refueling is just key to keeping the presence we need over Afghanistan, and key to keeping weapons in the sky so when these lightly armed and geographically spread out light troops on the ground need help, there's something a few minutes away," Group Captain Best said. To do that, he said, "we just need a lot of fuel in the sky. Those tankers are what is making airpower work in Afghanistan."

The group captain also acknowledged the work of the Intelligence, Surveillance and Reconnaissance, electronic warfare, and airlift in making ISAF successful.

Although there are fewer military members on the ground in Afghanistan when compared to Iraq, many more weapons are dropped in support of ISAF.

"The guys on the ground are heavily reliant on airpower for what they are doing," he said. "Of course with airpower, we can have firepower pretty much anywhere we like in Afghanistan very quickly."

Another part of the base that supports ISAF is the CAOC.

Tucked away in a small trailer in the CAOC compound and embedded throughout the divisions of the CAOC is a group of 14 people who are looking out for the interests of ISAF. "The role of the CAOC is important to ISAF because of the capability to do that doesn't exist with ISAF in Afghanistan," Group Captain Best said. "We are talking about a huge amount of airpower; we're talking about a lot of communication equipment, and a lot of expertise required to make it all happen. The expertise for doing that is in the CAOC."

The Group Captain said the role of his detachment is to ensure ISAF priorities were being properly represented within the CAOC. Within the teams, the embedded members ensure the operations planned here are synchronized with the planning at the headquarters in Kabul.

The wider mission of ISAF is to provide a stable government for Afghanistan, to bring security, and to bring reconstruction and regeneration to the country, Group Captain Best said. The soldiers and air strikes are needed to establish security for the population to have a secure environment that will be maintained by the people of Afghanistan.

"The forces are creating an environment where the people of Afghanistan can have the opportunity to operate in a secure environment and ultimately decide if governing themselves is better than the tyranny that was prevalent under the Taliban rule," Group Captain Best said.

Legal Office offers advice on powers of attorney

The 379th Air Expeditionary Wing Legal Office offers information on the benefits and potential problems with a power of attorney.

Power of attorney

The power of attorney is one of the most popular and powerful legal documents offered by the wing legal office for deployed Airmen. A POA allows someone else to legally do something – like sell a car – on your behalf. The person granting the POA is called the "grantor." The person granted the POA is called the "attorney-in-fact" or "grantee." The grantee is the person authorized by you to act on your behalf. Before a POA is given, it is important to know exactly what needs to be done and if a POA is necessary to do it. There are two basic types of POA – general and special.

General power of attorney

A general POA gives an individual authority to legally conduct any transaction – most, without limits. Many people believe they need a general POA, especially when they are away from home on a deployment, but that is not normally the case. As a rule, a general POA is rarely needed and usually not recommended because the attorney-in-

fact can misuse it for many things. The person given a general POA will be able to access bank accounts, personnel or medical records, sell a car, incur debt, etc. Another concern with a general POA is some businesses will not accept it. They may require you to be more specific on exactly what you want someone to do on your behalf

Special power of attorney

Sometimes a special POA is needed; these are more specific and they spell out exactly what the attorney-in-fact is authorized to do. By only listing specific things, it limits liability if misused and is more likely to be honored by a business.

Additional guidance

If you need a POA, please stop by during office hours. The base legal office located in Ops Town provides this service on a walk-in basis from 7 a.m. to 9 p.m., Monday, Wednesday and Friday; 7 a.m. to 6 p.m. Tuesday and Thursday; 8 a.m. to 5 p.m. Saturday; 11 a.m. to 5 p.m. Sunday; and all other times by appointment. If you have further questions or need additional guidance, please contact us at 437-2707 or check out our Web page on the base intranet site.



Photos by Tech. Sgt. Frank Hatcher

Tech. Sgt. Bob Weigold, 379th Expeditionary Security Forces Squadron Military Working Dog Section element leader, walks his explosive detection dog, Timo, along the perimeter of the base.

Working dog teams search, patrol together keeping base personnel safe from harm

by Staff Sgt. Jasmine Reif NCOIC, Public Affairs

Ensuring the safety of everyone at the 379th Air Expeditionary Wing rests heavily upon the skills of a group of Airmen and their highly trained four-legged partners.

The 379th Expeditionary Security Forces Squadron Military Working Dog Section, has several certified teams made up of handlers and their explosive detecting dogs, who inspect every vehicle that enters the base.

"MWD teams are vital to all aspects of installation security, said David Aviles, 379th ESFS MWD section kennel master. "Nothing is able to enter the base without MWD searching it prior to entry."

The dog handlers work 12-hour shifts and must take care to not overwork, or "smoke," the dogs, especially as the outdoor temperatures rise.

"Our main mission is the vehicle search pit, but we try to keep ourselves sharp by rotating positions during our shifts," said Tech. Sgt. Bob Weigold, 379th ESFS MWD Section element leader. "One team will do the vehicle searches, while another is doing perimeter checks or required training."

The teams also conduct foot patrols, perform random anti-terrorism measures and conduct searches on base.

During an average 12-hour shift the teams will search more than 250 vehicles.

"Not only do our MWD teams provide a force multiplier on-base, they have been tasked to support convoy and port missions, as well as augment the Army at Camp As Sayliyah," said Capt. Steve Ohlmeyer, 379th ESFS operations officer.

The dogs are trained as explosive detectors, but drug dogs are sent to other areas

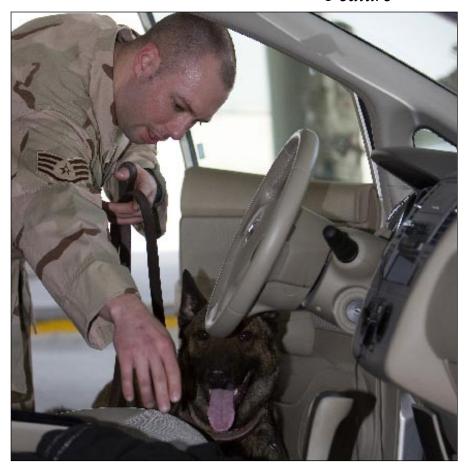
in the theater. "The dogs are never trained to detect both because you wouldn't want a drug dog to start pawing at a potential bomb," Sergeant Weigold said.

The dogs are trained at Lackland AFB, when they are between 12 and 36 months old and continue training until they are ready to be sent to their first duty station and assigned a handler.

Sergeant Weigold's partner is Timo, a 3-year-old German Shepard, and they have been teamed up since August 2006, and he takes responsibility for caring for him at all times

The 4-year veteran dog handler joked that the dogs receive better care than the handlers.

The MWD facility is an air conditioned building with living quarters for the two element leaders, a day room, a portable obstacle





Staff Sgt. Spencer Duclos, 379th ESFS WMD handler and element leader, conducts vehicle searches with his dog, Boo, at the vehicle search pit. Boo is a Belgian Malinois, and during a 12-hour shift the team will search more than 250 vehicles for explosives. Every vehicle entering the base is searched before being allowed to enter. In addition to vehicle searches, the teams patrol the base and perimeter, and conduct random anti-terrorism measures.

course, indoor and outdoor dog runs, a small room to keep the dog's food and medicine, and a sink to wash dog dishes.

Sergeant Weigold explained how important even the smallest details are when taking care of the dogs.

The dogs cannot go more than four hours without being checked by someone, he said. "We have charts that show how much the dogs are eating and medicine intake amounts.

"Due to long work hours, it's critical the dogs stay at their ideal weight, so we closely monitor their food intake, and if a dog is sick they automatically get airlifted to a location that can help them," he said.

Keeping the dogs in prime health is critical to completing the mission and kennel cleanliness is one way the handlers do that.

"We have random kennel inspections to ensure the dogs are not lying in filth or water, which can cause skin conditions," Sergeant Weigold said. "We all 'GI party' the kennels on a regular basis and if I see a kennel that needs cleaning, I will clean it if the handler is off-duty because even a few hours can make a difference in the dog's health."

"The handlers understand they might get bit by their dog, and many have puncture wound scars, but their loyalty to their dog does not falter and we all feel that our dog is the best partner we could have," Sergeant Weigold said.

"The mission our MWD teams are providing can only be rated as world class. I have worked K-9 for over 10 years and the operation here is ever changing and our MWD teams continue to meet the challenges," said Mr. Aviles.



Airmen accomplish fitness goals

Compiled by Senior Airman Erik Hofmeyer Editor

(Editor's note: Senior Airman James Hodgman, 379th Expeditionary Security Forces Squadron, and Staff Sgt. Amanda Savannah, CENTAF Public Affairs, contributed to this story)

Many Airmen came to the 379th Air Expeditionary Wing with personal goals for improving themselves amidst working the long hours required to accomplish the mission.

Now, approximately a quarter of the way through the rotation; people are working hard and time is passing quickly, but there is still plenty of time to accomplish goals and take advantage of opportunities available for self improvement.

Improved physical health and fitness is a goal many Airmen make time for while deployed.

Senior Airman Curtis Irving, 8th Expeditionary Air Mobility Squadron passenger service agent, had an epiphany two months after his boots hit the ground here, and he decided to dedicate himself toward living a healthy physical lifestyle.

The health-related benefits from getting in shape and the strong encouragement from his friends and co-workers sparked his decision to commit himself to a consistent exercise program.

"Two months into the deployment I found that outside spark I needed for motivation to lose weight," Airman Irving said

At the time, Airman Irving weighed approximately 300 pounds, with a 51-inch waist line.

He started walking back to the Coalition Compound from work every night with a coworker that volunteered to accompany him, and began working out on an elliptical machine to improve his cardiovascular fitness at least three times a week. In addition, he sought out nutritional advice from a personal trainer here from the 379th Expeditionary Services Squadron.

His hard work and dedication resulted in losing 75 pounds and 11 inches off his waistline in five months.

"If my story helps one person then it'll be worth it," Airman Irving said. "I'm just trying to share my story."

Another success story comes from an Air Force Coalition partner working at the Combined Air Operations Center.

As the CAOC Republic of Korea Air Force liaison officer, Maj. Kyounghoon Lee is a C-130 pilot and is responsible



Photo by Senior Airman James Hodgman

Senior Airman Curtis Irving, 8th EAMS passenger service agent, lost 75 pounds in five months by changing his eating habits and exercising regularly.

for local operations that support the service's wing at a location in the area of responsibility.

"We submit our C-130 missions to the air mobility division and monitor the mission," he said. "We also work between our wing and the CAOC, supporting intelligence and theater operations."

As hard as Major Lee works when he is on duty, he doesn't stop when he is off. He has logged more than 2,000 miles running on a treadmill, and lost 35 pounds.

"When I first arrived here, I was very fat," the major said. "I was uncomfortable. I made it my individual aim to lose weight and make my body sharp. I made a program for my fitness, and off duty I keep increasing my (workout) time to keep improving myself."

Major Lee said he also improved his fitness because it is important as a Korean

military member.

Airman Irving and Major Lee found the spark within themselves to accomplish their goals; however, personal trainers are available through the 379th ESVS to help Airmen learn proper workout techniques and offer motivation.

"Most of our clients know how to get in shape, but they just don't have the motivation to put it into action," said Staff Sgt. Gary Knight, 379th ESVS certified personal trainer. "My philosophy is that if I can motivate my clients with encouraging words and hard workouts during our sessions, then I can get them to keep coming back long enough to get results.

Sergeant Knight said seeing a positive change in appearance and level of fitness is usually enough motivation for customers to continue striving to reach their fitness goals.

379th AEW awards 'Hard Chargers'

Senior Airman Paul Shoemaker, 379th Expeditionary Security Forces Squadron military working dog handler, accepts his Hard Charger award from Chief Master Sgt. Arvin Davis, 379th Air Expeditionary Wing command chief.

Airman Shoemaker led

the explosive detector dog port security and secured 163 vehicles and 326 ammo containers valued at over \$115 million, which was vital to the success of missions in support of Operations Iraqi Freedom and Enduring Freedom. He also conducted explosive detector dog sweeps with the Office of Special Investigations, ensuring all vehicles and equipment were secured for the Secretary of Defense visit to Southwest Asia.



Photos by Staff Sgt. David Miller

82nd Airborne, Fort Bragg, N.C., with vital K-9 sweeps in securing the largest seaport in the area. He personally searched 110 vehicles, guaranteeing safe transport to

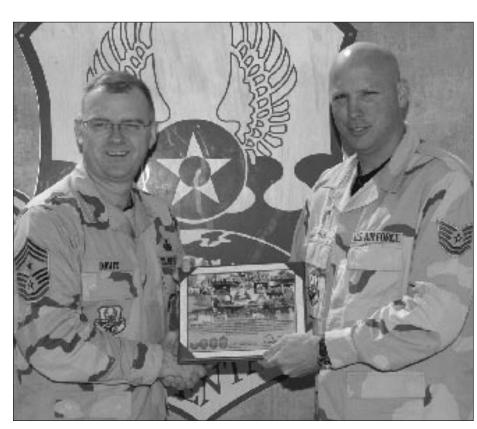
the region. He also led a 48-hour fly-away security mission and protected the CENTAF/CC while visiting three countries in the AOR.

Tech. Sgt. Jeffrey Bragg, Combined Air Operation Center cargo management cell NCOIC, accepts his Hard Charger award from Chief Master Sgt. Arvin Davis, 379th Air Expeditionary Wing command chief.

Airman Shoemaker assisted the

He personally tracked 33 missions and expedited the processes that returned 58 fallen heroes to their loved ones back home. Sergeant Bragg also deployed to Africa in support of special operations, whose mission was to deter insurgents. He balanced airlift use and diverted 5,967 tons of cargo to civil airlift with over 75 percent of AOR cargo delivered in less than 72 hours. Moreover, Sergeant Bragg diverted airlift taskers which freed up 32 aircraft for critical medical support missions ensuring 636 battle injured patients were triaged.

Finally, he identified new Aerial Port Codes for new Operation Enduring Freedom landing zones were staffed via AMC and TRANSCOM which sped cargo direct to war-fighters.



Understanding local clothing customs

Compiled by the 379th Air Expeditionary Wing Chapel

If and when you travel off base, you'll find that in the local's daily lives, many wear traditional dress. For men this means a long, white shirt called a thobe worn over white trousers. A loose headdress or head covering called a gutra (in white or red cloth), which is secured with four black, tasseled cords (agal) intricately braided.

Women may wear a long, black, flowing dress called an abayah, the traditional form of hijab or Islamic modest dress for many countries of the Arabian peninsula and other parts of the Islamic world. Contemporary abayahs may be cut from light, flowing fabrics like crape, georgette, and chiffon, and may be in colors other than black. The dresses are discretely interwoven with delicate threads and patterns, each one an individual creation.

Women may also wear a black scarf or head covering called a shayla, and a veil called a niqab, covering

all but their eyes. Some wear long black gloves, so their hands are covered underneath the abayah.

The contrast between the men's white shirt and women's black dress can be breath-taking. The difference in colors symbolizes the difference between men and women, while the long shirt and dress indicate the similarities.

For special events, locals don ceremonial clothing, decorated with elaborate embroidery in both gold and silver. This clothing has been the inspiration for many international fashion designers.

Men put on special pilgrim's robes or ihram clothing when they go on Hajj (pilgrimage) to the Muslim holy cities of Mecca and Medina. These robes are two pieces of unhemmed white cloth. The top is draped over the torso and the bottom is secured by a belt. Women's clothing for Hajj varies considerably and reflects regional as well as religious influences. Many pilgrims preserve their ihram carefully. It will be their shroud when they are buried.



"Look, I don't care how much trouble Travelocity.com is in - you have until the end of the week to get me my money. Broken legs aren't as easy to hide as black eyes...capisce?"

The winner of Caption Contest No. 18 is Airman 1st Class Killian Lange, 340th Expeditionary Air Refueling Squadron. Congratulations!

Other submissions this week are:

"You've been misinformed. It's a gnome fact that coffee does not stunt your growth"

-Senior Airman Ingrid Lofton

"The Desert Provlongevity Test - If you can see the gnome you have been in the desert too long."

-Senior Airman Aaron Kazer

Caption Contest



Photo No. 18

Rules

This week try your hand at writing a caption for photo No. 15. The author whose caption entry gets the most laughs - or groans - from our panel wins.

- 1. Write an imaginative, humorous, printable caption for photo No. 15, related to the Air Force.
- 2. E-mail caption entries to DESERT.EAGLE@auab.centaf.af.mil with the words 'Caption Contest' in the subject header.
- 3. Include the Caption Contest photo number you are referencing, your name, rank, deployed unit and phone number.
- 4. Winners are announced in the following paper.
- 5. Deadline for submission is noon Wednesday.

WARRIORS OF THE WEEK

Airman Jaime Rendon

704th Expeditionary Support Squadron Information Manager

Home Station: Fort Hood, Texas **Date Arrived in AOR:** Nov. 29

Deployment Goals: Take my end of course test for my CDCs and complete my 5-level.

Best part of deployment: Getting great experience doing my actual job here. Plus, the people I work with everyday are wonderful and hardworking.

Hobbies: I don't have too much time for hobbies right now because I am trying to study for my EOC. **Best Air Force memory:** Getting told I would be deploying as a one striper for six months. That I don't think I will ever forget.



Tech Sgt. Linroy Davis

Vehicle Maintenance Craftsman

1st Expeditionary Red Horse Group

Hometown: Landover Hills, Maryland Home Station: Andrews AFB, Maryland Date Arrived in AOR: Nov. 18, 2006

Deployment Goals: Gain valuable experience on equipment and vehicles not common to my home station. Tone my body and stay in good health.

Best part of deployment: Completing a job and I know what I do here will have a direct and definitive impact on the mission at the forward bases.

Hobbies: Riding motorcycles and working out. **Best Air Force memory:** Touring the U.S. with the Air Force Band as their tractor-trailer operator.



Senior Airman Jeremy Tabaniag

Electrical System Journeyman 379th Expeditionary Civil Engineer Squadron

Hometown: Newport News, Va
Home Station: Ramstein Air Base, Germany
Date Arrived in AOR: Jan. 10, 2007
Deployment Goals: To obtain CCAF, get in better
shape, advance in more leadership opportunities,
and be a tenant of Honor Guard

Best part of deployment: Transitioning to become a better leader and to partake in morale boosters for deployed members.

Hobbies: Drill team, Honor Guard, all sports, sharp uniforms, and lifting weights

Best Air Force memory: Wondering if I made staff sergeant, and I did.



Feb. 18, 2007 13 Desert Eagle



Sunday

1600 Boot Camp Circuit 2000 Dodge Ball 2000 Salsa Advanced 2100 Jiu-Jitsu 2300 Salsa

Monday

0500 Combat Circuit 0700 Step/Floor Aerobics 1900 Abs 1930 Xtra Abs 2000 Salsa Intermediate 2100 Jiu-Jitsu

Tuesdav

0500 Warrior Abs 1000 Jiu-Jitsu 1800 Step Aerobics 1900 Hard Core Abs 2100 Kickboxing

Wednesday

0500 Combat Circuit 0700 Step/Floor Aerobics 1900 Abs 1930 Xtra Abs 2030 Legs, Buns & Tums 2130 Jiu-Jitsu

Thursday

0500 Warrior Abs 1000 Jiu-Jitsu

1800 Step Aerobics 1900 Hardcore Abs 2000 Salsa Class 2000 Hardcore Abs 2100 Yoga/Pilates

Friday

0500 Combat Circuit 1900 Abs 1930 Xtra Abs 2000 Boot Camp Circuit 2100 Jiu-Jitsu

Saturday

1000 Jiu-Jitsu 2000 Xtra Abs 2100 Step Aerobics



Chapel office hours are 0730 to 2300. Call the chapel at 437-8811 or 437-7576 for information. Schedule is subject to change. All services and practices are in the chapel, unless noted otherwise.

MPR: Multi-Purpose Room Conf: Conference Room Sanct: Sanctuary

BSR:Blessed Sacrament Room

Prayer Warriors, Sanctuary, 0445-0615 Redeployment Brief (or Online), Sanctuary, 1000-1030

Daily Mass, Blessed Sacrament Room, 1130-1200

Rosary, Blessed Sacrament Room, 1730-1800

Daily Mass, Blessed Sacrament Room, 1800-1830

Gospel Service Musician Rehearsal, Sanctuary, 1900-2130 Women of Virtue, Multi-Purpose Room,

2000-2100

Tuesday

Prayer Warriors, Sanctuary, 0445-0615 Friends of Bill W, Conf. Room, 0900-1000 Redeployment Brief (or Online), Sanctuary, 1000-1030

Daily Mass, Blessed Sacrament Room, 1130-1200

Church of Christ Bible Study, Multi-Purpose Room, 1700-1800

Rosary, Blessed Sacrament Room, 1730-1800

Daily Mass, Blessed Sacrament Room, 1800-

1830 Gospel Choir/Praise Team Rehearsal,

Sanctuary, 1900-2130 Men of Integrity, Multi-Purpose Room, 1930-2100

Catholic Bible Study, Conf. Room, 1930-2100

Ash Wednesday

Catholic Mass, Sanctuary, 0600 Protestant Communion Service, Multipurpose Room, 0645 Catholic Mass, Sanctuary, 1130

Orthodox Service, Multi-Purpose Room, 1730 Catholic Mass, Sanctuary, 1800 Protestant Service, Sanctuary, 1930

Thursday

Prayer Warriors, Sanctuary, 0445-0615 Redeployment Brief (or Online), Sanctuary, 1000-1030

Daily Mass, Blessed Sacrament Room, 1130-1200

Rosary, Blessed Sacrament Room, 1730-

Traditional Service Choir Rehearsal, Sanctuary, 1730-1900

Daily Mass, Blessed Sacrament Room, 1800-1830

Gospel Choir/Praise Team Rehearsal, Sanctuary, 1900-2000

C.S. Lewis, "Mere Christianity" Small Group Study, Multi-Purpose Room, 1945-2100 Liturgical Dance, Sanctuary, 2100-2300 Friends of Bill W, Conf. Room, 2000-2100

Prayer Warriors, Sanctuary, 0445-0615 Redeployment Brief (or Online), Sanctuary, 1000-1030

Daily Mass, Blessed Sacrament Room, 1130-1200

Islamic Prayer, Multi-Purpose Room, 1300-

Rosary, Blessed Sacrament Room, 1730-1800 Daily Mass, Blessed Sacrament Room, 1800-1830

Shabbat Evening Service, Multi-Purpose Room, 1800-1900

Shabbat Meal, Conf. Room, 1900-1945 Joy Night (a time of prayer, praise, and encouragement), Sanctuary, 1930-2030 Men of Integrity/Pray and Obey, Conf. Room, 2000-2100

Liturgical Dance, Sanctuary, 2100-2300

Saturday

Prayer Warriors, Sanctuary, 0445-0615

Seventh-Day Adventist, Multi-Purpose Room, 1030-1200

Catholic Choir Practice, Sanctuary, 1500-1600

Intro to Judaism/Havdalah Service, Conf. Room, 1730-1830

Protestant Contemporary Worship Service, Sanctuary, 1930

Buddhist Learning Group, Multi-Purpose Room, 1930-2030

Gospel Service Leaders Mtg, Conf. Room, 1930-2100

Contemporary Band Practice, Sanctuary, 2000-2200

Wiccan/ Earth Based Group, Multi-Purpose Room, 2030-2130

Prayer Warriors, Sanctuary, 0445-0615 Catholic Mass, Sanctuary, 0800-0900 Sunday School, Conf. Room, 0830-0930 Orthodox Service, Multi-Purpose Room, 0900-1015

Orthodox Religious Education, Multi-Purpose Room, 1015-1045

Contemporary Worship Service, Sanctuary, 0930-1045

Protestant Service @ CAOC, CAOC-2nd floor Conf Rm, 0945-1100

Catholic Mass @ CAOC, CAOC-2nd floor Conf Rm, 1100-1200

The Church of Christ Service, Multi-Purpose Room, 1100-1200

Latter Day Saints Service, Sanctuary, 1300-

1400 LDS Sunday School, Sanctuary, 1400-1500

Islamic Studies, Conf. Room, 1500-1600 Protestant Communion Service, Multi-Purpose Room, 1500-1515

Traditional Protestant Service, Sanctuary, 1600-1700

Catholic Reconciliation, Priest's Office, 1715-1745

Catholic Mass, Sanctuary, 1800-1900 Gospel Worship Service, Sanctuary, 1930-

Friends of Bill W, Conference Room, 2000-2100

Services briefs

CAC Calendar of Events

Sunday

1300 Madden 07 Play Station 2 1500 Texas hold'em 2000 Spades Jazz Night

Monday

1100 Scrabble 1300 Dominoes 1600 Chess 2000 Hearts Karaoke Night

Tuesday

1100 Checkers

1300 Monopoly 1500 8BALL 2000 Texas hold'em Rock Night

Wednesday

0800 Chess 1300 Ping pong 1500 Madden 07 XBox 360 2000 Spades Country Night

Thursday

0800 Foosball 1300 Dominoes 1500 Texas hold'em 2000 8Ball Latin Night

Friday

1100 Jenga 1300 Chess 1600 9Ball 2000 Spades R & B Night

Saturday

0900 Bingo 1300 Madden 07 Play Station 2 1600 8Ball 2000 Bingo Variety Night

Now playing at the base theater

All movies and showtimes subject to change

Sunday

1300 The Outsiders 1500 The Prestige 1800 Stand By Me 2030 New Release 2300 Indiana Jones And the Raiders of the Lost Ark

Monday

0130 Flags of Our Fathers 0430 The Goonies 0700 TCN Escort Briefing 0900 New Release 1200 A Nightmare on Elm Street 1500 Slavery and the Making of America Vol. 1 1700 Stranger Than Fiction 2000 New Release 2300 The Silence of the Lambs

Tuesday

0130 The Prestige 0430 New Release 0800 Flags of Our Fathers 1200 Superman

1600 Off Base Drivers 2300 The Outsiders Training 1800 Outsiders 2000 New Release 2300 Stranger Than Fiction

Wednesday

0130 Sleepers 0400 Shawshank Redemption 0800 New Release 1200 Stranger Than Fiction 1600 Cujo 1900 Slavery and the Making of America Vol. 2 2000 The Departed 2300 New Release

Thursday

0100 Shawshank Redemption 0400 Flags of Our Fathers 0800 Pulp Fiction 1200 New Release 1600 The Goonies 1900 Slavery and the Making of America Vol. 3 2000 New Release

0200 New Release 0630 Right Start 1100 Indiana Jones And the Raiders of the Lost Ark 1430 Stand By Me 1700 Office Space 1900 Gospel Extravaganza 2300 A Nightmare on Elm Street

Friday

Saturday

0200 Pulp Fiction 0500 Superman 0800 New Release 1200 The Outsiders 1430 Slavery and the Making of America Vol. 4 1600 New Release 2000 Stand By Me 2200 The Wizard of Oz 2400 Off Base Driver's Training

Now playing at the CAC All movies and showtimes subject to change

Sunday

1300 National Treasure 1600 Match Point 1900 Texas Chainsaw Massacre 2200 Underworld Evolution

Monday

0100/1300 A Man Apart 0400/1600 Major Payne 0700/1900 The Last Empire 1000/2200 Orange County

Tuesday

0100/1300 50 First Day 0400/1600 Crouching Tiger Hidden

Dragon 0700/1900 Seven 1000/2200 Bewitched

Wednesday

0100/1300 The Net 0400/1600 Austin Powers Goldmember 0700/1900 The Tuxedo 1000/2200 Vanilla Sky

Thursday

0100/1300 Veronica Guerin 0400/1600 Domestic Disturbance 0700/1900 Waiting

1000/2200 Shanghai Noon

Friday

0100/1300 S.W.A.T 0400/1600 Walk the Line 0700/1900 Spider Man 2 1000/2200 Just Married

Saturday

0100/1300 Texas Chainsaw Massacre 0400/1600 Seven 0700/1900 Underworld Evolution 1000/2200 Walk the Line



Sunday, Lunch: roast turkey, meatloaf, cranberry sauce, corn bread dressing, mashed potatoes, herbed green beans, succotash, chicken gravy, chicken noodle soup Dinner: crispy baked chicken, italian sausage pepper/onions, macaroni and cheese, scalloped potatoes, brussel sprouts, carrots, chicken gravy, chicken noodle soup Snackline: buffalo wings, cheese sticks, cherry cobbler, chicken breast, fries, salad bar, potato salad, jellied fruit cocktail

Monday, Midnight: syrian beef stew, steamed rice, cauliflower, waffles, oatmeal/grits/fried rice, bacon/ sausage/burritos Lunch: steamship round, southern fried catfish, dijon chicken, obrien potatioes, steamed rice, peas/carrots, broccoli, natural gravy, rolls, french onion Dinner: baked chicken, baked ham, cornbread, mashed potatoes, baked potatoes, wax beans, fried okra, brown gravy, bean w/ bacon Snackline: shredded pork sand, shredded beef sand, peach cobbler, chicken breast, curly fries, salad bar, fruit salad, cole slaw

Tuesday, Midnight: pepper steak, mashed potatoes, cabbage, french toast sticks, oatmeal/grits/fried rice, bacon belly burrito Lunch: pepper steak, fried chicken (fried fish on bar), fried rice, mashed potatoes, cabbage, cauliflower, vegetable soup, beef noodle Dinner: yakisoba/ground beef, chicken jambalaya, steamed rice, scalloped potatoes, mex corn, french cut green beans, vegetable soup, beef noodle Snackline: fishwich, nachos, apple cobbler, chicken breast, potato wedges, salad bar, pasta salad, jellied fruit cocktail

Wednesday, Midnight: beef pot pie, fried rice, mixed veg, pancakes, oatmeal/grits/fried rice, bacon/ sausage/burritos Lunch: shrimp scampi, beef pot pie, potatoes au gratin, steamed rice, mixed veg, green beans, brown gravy, tomato soup Dinner: steak, fried shrimp, noodles jefferson, rice pilaf, corn on the cob, peas and carrots, brown gravy, tomato soup Snackline: corn dogs, pizza, cherry cobbler, chicken breast, fries, salad bar, cucumber and onion salad, fruit salad

Thursday, Midnight: sweet n sour chicken, simmered potatoes, carrots, waffles, oatmeal/grits/fried rice, bacon belly burrito **Lunch**: yankee pot roast, sweet n sour chicken, simmered potatoes, Filipino rice, black eye peas, carrots, turkey gravy, garden vegetable soup Dinner: stir fry beef and broccoli, roast turkey, cranberry sauce, pea & pepper rice, mashed potatoes, mustard greens, succotash, turkey gravy, garden vegetable soup Snackline: bbq pork/jal poppers, chickribs/lemon fried fish, peach cobbler, chicken breast, curly fries, salad bar, country style tomato, jellied fruit cocktail

Friday, Midnight: baked fish, steamed rice, veg stir fry, french toast sticks, oatmeal/grits/fried rice, bacon/ sausage/burritos Lunch: beef masala, chicken korma, biriyani rice, sobji bahji, broccoli, peas w/ onions, pepper pot soup **Dinner:** savory baked chicken, shrimp creole, steamed rice, baked potato, summer squash, asparagus, brown gravy, pepper pot soup Snackline: steak and cheese sub, calzones, apple cobbler, chicken breast, fries, salad bar, cole slaw, applesauce

Saturday, Midnight: steak smothered w/ onions, baked potatoes, green beans, pancakes, oatmeal/grits/ fried rice, bacon belly burrito Lunch: steak smothered w/ onions, turkey pot pie, roast turkey, rice pilaf, mashed potatoes, corn on the cob, frd green beans, chicken gravy, crm of mushroom Dinner: chicken in dijon sauce, oven fried fish, noodles egg, macaroni and cheese, okra, peas, chicken gravy, crm of mushroom Snackline: enchiladas, chicken fillet, cherry cobbler, chicken breast, onion rings, salad bar, waldorf, jellied fruit cocktail

